

Delightful Salads

Colorful Vegetable Salad

6 cups broccoli florets 6 cups cauliflower florets

2 cups cherry tomatoes halved

1 large red onion, sliced and ringed

1 can pitted black olives, drained and sliced

1 envelope ranch salad dressing mix

2/3 cup vegetable oil ½ cup vinegar

In a large bowl, toss broccoli, cauliflower, tomatoes, onion and olives. In a jar with a tight fitting lid, combine dressing mix, oil and vinegar; shake well. Pour over salad and toss. Refrigerate for at least 3 hours.

Gazpacho

1 bell pepper, seeded and chopped 2 cucumbers, seeded and chopped

1 medium onion, chopped

1 clove garlic, very finely chopped

1 ½ cups cold tomato juice

8 medium tomatoes, peeled

1/4 cup extra virgin olive oil

1 ½ tsp. paprika

9 tbsps. vinegar

3 tsps. salt

black pepper to taste Hot sauce to taste

Place all but tomato juice in a blender and blend. Add tomato juice. Stir well and add seasonings to taste. Refrigerate until flavors have blended. Serve very cold, by the glass.

Spring Pecan Salad

2 cups of early peas ½ cup pecans, chopped and toasted

4 oz. of Colby cheese, grated Dash cayenne pepper 1 (2 oz.) jar pimentos, chopped 2 tbsps. mayonnaise

½ cup celery, chopped

Shell and cook peas until tender. Drain and cool. Combine all the ingredients, except pecans and chill until flavors blend. Add pecans and toss lightly. When fresh peas are not available used 8 ounce can of early peas.

Gulf Coast Salad

3 cups cooked rice, (cooked in chicken broth)

1 lb. cooked, peeled, deveined

shrimp

1 cup sliced celery

½ cup sliced green onion

½ cup mayonnaise

2 tbsps. ketchup 1 tsp. lemon juice

tsp. lemon juice

½ tsp. cream-style prepared

horseradish

½ tsp. prepared mustard

1/8 tsp. hot sauce

Combine rice, shrimp, celery and green onions in large mixing bowl. Blend mayonnaise, ketchup, lemon juice, horseradish, mustard and hot sauce. Add to rice mixture. Toss, add salt and pepper to taste.